

Class Schedule June 01 – August 31, 2022

	ALL WEEKDAY CLASSES ARE 50 MINS					WEEKEND CLASSES 65 MINS	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am							
7:15am			Barre Fusion				
7:30am			Rachel				
7:45am							
8:00am							
8:15am							
8:30am							
8:45am							
9:00am						Barre Fusion	Yoga Sculpt
9:15am						Shannon	Lexy
9:30am	Barre Flow	Precision Barre	Yoga Sculpt	Pilates Barre	Barre Flex		
9:45am	Ayva	Sculpt	Kristen	Simon	Ashley		
10:00am		Kristen					
10:15am						Yoga Flow to	Sculpt
10:30am					Pilates Renew	Restore	Ashley
10:45am					Simon	Kailey	
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm		Sculpt		Yoga Core	Barre Flow		
12:15pm		Kristen		Moriah	Rachel		
12:30pm							
12:45pm							
1:00pm							
4:15pm							
4:30pm							
4:45pm							
5:00pm							
5:15pm	Barreless Flow	Yoga Flow	Cardio Sculpt	Total Pilates	Yoga Flow		
5:30pm	Rachel	Kailey	Shannon	Ashley	Moriah		
5:45pm							
6:00pm							
6:15pm	Total Pilates	Barre Flex		Yoga Flow			
6:30pm	Kristen	Candace		Kristen			
6:45pm							
7:00pm							
7:15pm	Yoga Restore	Sculpt		Yoga Restore			
7:30pm	Kristen	Candace		Mel			
7:45pm							
8:00pm							
8:15pm			Yoga Sculpt				
8:30pm			Moriah				
8:45pm							
9:00pm							

Sweat Intensity Level



Barre

Sculpt

Yoga

Pilates

Suite 301, 1821 Cook Street, Victoria, BC V8T 3P5 | 778.678.4888 | alivemindbody@gmail.com

Schedule & Class Descriptions online at www.alive-mindbody.com
On Demand Virtual Classes www.aliveondemand.ca